



Working, and Preventing the Spread of COVID-19

Covid-19 has undoubtedly changed the way we go about our daily lives. As we attempt to return to normal, trails will require evaluation and maintenance to get them back to a functional capacity.

Below is some information about how Covid-19 can be spread and some simply and effective ways to stay safe and healthy while working together to get our trails open again.

How Corona Virus Spreads:

Human coronaviruses cause infections of the nose, throat and lungs. They are most commonly spread from an infected person through:

- respiratory droplets generated when you cough or sneeze
- close, prolonged personal contact, such as touching or shaking hands
- touching something with the virus on it, then touching your mouth, nose or eyes before washing your hands

Current evidence suggests person-to-person spread is efficient when there is close contact.

Hygiene:

Proper hygiene can help reduce the risk of infection or spreading infection to others:

- use alcohol-based hand sanitizer and always wash your hands with soap and water when returning home at the end of the day.
- when coughing or sneezing:
 - cough or sneeze into a tissue or the bend of your arm, not your hand
 - dispose of any tissues you have used as soon as possible in a lined waste basket and wash your hands afterwards
- avoid touching your eyes, nose, or mouth with unwashed hands

How to stop the spread of viruses on site:

To prevent a disease or virus from spreading on site, take the following steps:

- Emphasize hand hygiene etiquette by all employees at toolbox talks and orientations
- Ensure that alcohol base hand sanitizers are on site and available for all workers.
- All offices and non-porous tools are sanitized and cleaned regularly.
- Actively encourage sick employees and volunteers to stay home.
- **Do not permit staff or volunteers to enter a worksite if;**
 - They or a member of their household have travelled outside the country within the past 14 days
 - They or a member of their household have exhibited symptoms of COVID-19 in the last 14 days
- Symptoms include: (Fever, Cough, Difficulty Breathing, Sore throat, sneezing)
- Perform environmental routine cleanings.
- Plan to minimize exposure between employees and the public - follow social distancing procedures.
- Avoid touching your eyes, nose or mouth.
- Do not share cups, glasses, dishes or cutlery.

Prevention Techniques

- Wear protective gloves
- Wear face shields, protective glasses and masks
- Clean and disinfect reusable equipment
- Dispose of used gloves, masks, and face shields
- Have workers and volunteers keep 6 ft or 2m between them while working
- Discourage car pooling and unless they are from the same household (staff and volunteers should travel in their own vehicles to and from job sites)

Follow the links below for more information on COVID-19 and preventing viral transmission.

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks.html>

<https://constructionsafetyns.ca/covid/>

<https://novascotia.ca/coronavirus/working-during-covid-19/>